



Project HERO

RIDE 2 RECOVERY

Making a Difference in the Lives of Healing Heroes



About Ride 2 Recovery

Ride 2 Recovery is a program designed to improve the health and wellness of healing heroes by providing a life changing experience through multi and single day cycling events. R2R builds awareness throughout local communities and helps raise funds for participants. We have four main programs: Project HERO, Honor Rides, Special Events and Challenges.



Our Supporters



About Project HERO

Ride 2 Recovery's Project HERO (Healing Exercise Rehabilitation Opportunity) provides training and supports cycling programs at military hospitals, Army Warrior Transition Units, Marine Wounded Warrior Units and VA locations to help Healing Heroes overcome obstacles they face. Begun in November 2010 at Bethesda Naval Medical Center (now Walter Reed National Military Medical Center), Project HERO has proven the effectiveness of group riding in the rehabilitation of injured servicemen and women. Cycling is an important part of the recovery and rehabilitation.

Goal of Project HERO

To enhance, inspire, and challenge Healing Heroes' rehabilitation by introducing them to R2R, which allows each person to set individual goals while working in a group. We partner with local facility staff and cadre to create a personalized and progressive cycling program that fits the needs of the patient population and will promote a fuller and quicker rehabilitation.

www.ride2recovery.com



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